
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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Sunday, March 17, 2024

Tone 8 / Eothinon 8

Sunday of Forgiveness (Cheese Fare)

**Venerable Alexios the 'Man of God,' Patrick, bishop of
Armagh and enlightener of Ireland**

Hierarchs and Parish Clergy:

His Eminence Metropolitan SABA (Isper)

Antiochian Archdiocese of North America

His Grace Bishop JOHN (Abdalah)

Bishop of the Diocese of Worcester & New England

Father James Irving, Pastor

Subdeacon Joseph Boruch

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Save us, O Son of God, Who art risen from the dead, who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE EIGHT: From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF ST. MICHAEL THE ARCHANGEL: O ye foremost of the heavenly host, we beseech thee, though we are unworthy. Pray that we may be encompassed with the shadow of thy unearthly glory. Preserving us who kneel and cry endlessly. Deliver us from oppression since Ye are the princes of the highest power.

KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX: O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

TRISAGION PRAYER

English: Holy God, Holy Mighty, Holy Immortal, have Mercy on us

Arabic: Qudoos El Laah, Qudoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah

Greek: Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas

Slavonic: Svyatij Bozhe, Svyatij Krepkij, Svatij Bessmertnij pomiluj nas

The Mission of St Michael the Archangel Orthodox Church is to love and worship God, to grow closer to Him, and to proclaim and to spread the Good News of the salvation of Jesus Christ to our parishioners, our neighbors and people everywhere. We worship and pray in English. We experience the beauty and joy of living the Holy Orthodox Christian faith – sharing love and fellowship, teaching and leading by example, growing together through service, education, stewardship and forgiveness.

A NOTE REGARDING HOLY COMMUNION: *Since we understand Communion to mean we have all things in common, sharing an identical Faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and confession may participate in Holy Communion. We invite all present to partake of the blessed bread distributed at the end of the service.* **UNLESS YOU ARE INJURED OR UNABLE, PLEASE REMAIN STANDING DURING COMMUNION**

***** MARCH IS ANTIOCHIAN WOMEN'S MONTH *****

SCHEDULE:

- **Saturday, March 16**
 - 12:00 PM SOYO Painting Project
 - 3:30 PM Family Night
 - 5:00 PM Vespers
 - **Sunday, March 17**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - Forgiveness Vespers
 - Small Bake Sale
 - St. Martha & St. Mary Sisterhood Meeting
- *** GREAT LENT STARTS *****
- **Wednesday, March 20**
 - 5:30 PM Divine Liturgy of the Presanctified Gifts **with Bishop John**
 - **Friday, March 22**
 - 5:00 PM Little Compline with Akathist Hymn
 - **Saturday, March 23**
 - 9:00 AM Divine Liturgy for the Miracle of the Koliva
 - 5:00 PM Vespers
 - **Sunday, March 24**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy with Procession of Icons
 - Choir Rehearsal
 - 5:00 PM Vespers
 - **Monday, March 25**
 - 9:00 AM Divine Liturgy for the Annunciation

*****In case of emergency, there are emergency numbers posted next to the telephones in the coat room and in the kitchen*****

PLEASE JOIN US FOR COFFEE HOUR

It is a great joy to have so many people join us for coffee hour! Please remember that coffee hour is potluck and is successful when we all pitch in by bringing food, serving, helping with set up and clean up or offering donations in the offering box on the counter. Please ask someone in the kitchen how you can help. May God continue to bless our community!

Our People are our Choir! We love to hear you sing with us! WELCOME! We are glad to have you worship with us today!

THE EPISTLE

(For Sunday of Forgiveness)

Make your vows unto the Lord and perform them.

God is known in Judah; His name is great in Israel.

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE

ALL FOR THE GLORY OF GOD AND HIS CHURCH

10TH ANNIVERSARY OF THE REPOSE OF HIS EMINENCE METROPOLITAN PHILIP

This Sunday morning we will offer the Trisagion Prayers of Mercy service for His Eminence Metropolitan Philip Saliba of thrice-blessed memory and eternal repose. In March of 1966, the Antiochian Archdiocese, meeting in a special convention, nominated Fr. Philip Saliba to succeed the late Metropolitan Antony (Bashir) as Archbishop of New York and Metropolitan of all North America.

Metropolitan Philip initiated significant ministries for the Archdiocese, including the founding of the Antiochian Orthodox Christian Women of North America (1973), The Order of St. Ignatius of Antioch (1976), and the St. Stephen's Course in Orthodox Theology in 1980 (now part of the Antiochian House of Studies). In 1978, he purchased the land for and founded the Antiochian Village Heritage and Learning Center and Summer Camp.



Metropolitan Philip fell asleep in the Lord on Wednesday, March 19, 2014. May his Memory be Eternal. Please visit the Antiochian website to learn more about Metropolitan Philip and his legacy: <https://www.antiochian.org/dashboard?name=Metropolitan%20Philip%20of%20Thrice%20Blessed%20Memory>

SCHOLARSHIP OPPORTUNITY

The Antiochian Women offer a grant to women 26 years old and older, active in their churches and who wish to pursue further study.

Complete information and an application can be found at [antiochian.org](https://www.antiochian.org)

LENTEN SCHEDULE

Enclosed in the bulletin this week please find the Lenten schedule of services. The calendar on the website has been updated with the services. Please join us as we will celebrate various services during this special time of the year.

LENTEN SOUP WEDNESDAY

If you sometimes struggle to plan meals during Lent, a group of St. Michael's culinary wizards are here to help! Introducing a return of "Soup for the Soul."

Each Wednesday during Great Lent, a Lenten fast appropriate soup will be offered for purchase to parishioners. Soups will be available to be picked up in the Parish Hall following Liturgy of the Presanctified Gifts with proceeds to be donated to the Parish Life Conference.

We will announce the soup of the week in the bulletin. The soups will be reasonably priced and available in quart sized containers. You can reserve your soup by signing the reservation sheets to be found in the Parish Hall each Sunday following liturgy or by sending an email to rsbboston@yahoo.com. Please reserve ahead as we will only have a small number of unreserved quarts available each week.

This week's soup is Escarole and Bean Minestra. The recipe for this soup can be found in the parish cookbook, *The Foods That Unite Us*, on page 58. Price: \$10/quart. Bon appetit!

OUTREACH GROUP: Help give to those in need!

The Outreach Team currently has a project creating personal care blessing bags for those in need. We plan to donate 25 blessing bags to the Falmouth Police Department for the program they have distributing care packages to those without homes or in need as they come across them on the job. Any questions or for more information please see Macrina Stewart, Soraya Bandeli, or Michelle Moeck. We are requesting your help getting the items needed for this project!

List of Items Needed:

- | | |
|---|--|
| <ul style="list-style-type: none">● Toothbrushes● Travel size Toothpaste● Band-Aids● Travel Size Deodorant● Lip Balm● Mylar/Survival Blankets● Mini Neosporin/Antibiotic● Ointment Packets | <ul style="list-style-type: none">● Socks● Body Wipes● Bottles of water● Granola Bars● Small Bags of Nuts● Granola● Feminine Care Products |
|---|--|

Please drop off items at the church in the box marked "Outreach".

Please grab a tag on the bulletin board outside the Nave of what you'd like to contribute so we can avoid getting duplicate items. Please return items by April 7th. We will assemble bags on April 21st after coffee hour.

PARISH DIRECTORY 2024

The Parish Directory team is working on finalizing details for our 2024 Parish Directory. The directory will not be posted online or on any social media. It is just a printed tool for our parish family to have contact information and see faces with names in an effort to create a stronger sense of community.

Pictures will be taken March 24, 31 & April 7. If you want your picture updated, or have not had one taken, please let Soraya know which day you can have it done. At that time, we will review your address / phone info to make sure all the information is correct. Soraya Bandeli / 617-842-8591 // sbandeli@comcast.net Thank you for your support!

PARISH LIFE CONFERENCE 2024

St Michael the Archangel of Cape Cod is hosting DOWNE 2024 PLC in Plymouth MA Jun 21-23.

- The Hotel 1620 link www.hotel1620.com is now live for your reservations. Book early with the group code **SMPLC365**
- The event registration link www.worcesterplc.org is live, please, register.
- Please book your sunset boat dinner cruise early. Limited spots are available.

DIOCESE OF WORCESTER & NEW ENGLAND

PARISH LIFE CONFERENCE 2024

HOSTED BY:
ST. MICHAEL THE ARCHANGEL CHURCH (COTUIT, MA)

his grace BISHOP JOHN

STEWART SPALDING FR. TED PULCINI

MICHAEL BAGLIN

JUNE 21 - 23, 2024

Along with weekly events like Bible Study, exciting events await:

- Eucharist for Clergy - Seven Deadly Sins: Staff with Anthony Bashir & Richard Robart
- Meet & Greet Reception
- Men's Workshop: Introducing "The Antiochian Men"
- SOVD Beach Event at Nelson Memorial Park
- Children's Walking Tour of Plymouth & Mayflower II
- Movie Night "Man of God"
- Sunset Cruise, Dinner & Dance
- Holy Eucharist: Liturgy for the Great Feast of Pentecost

Something for everyone! Something for you! See the full schedule of events and register here:

www.worcesterplc.org

hotel 1620
PLYMOUTH HARBOR

Hotel1620.com

SUNSET CRUISE, DINNER & DANCE
FRIDAY, JUNE 21, 2024

If you or your loved ones need to contact a member of the clergy in the event of a pastoral emergency, please contact Fr. James Irving, who can be reached by phone or text at (781) 468-8709 or by email at dnjamesirving@gmail.com.

Fr. James is available for confession by appointment.

THE SYNAXARION

On March 17 in the Holy Orthodox Church, we commemorate Venerable Alexios the 'Man of God;' and Patrick, bishop of Armagh and enlightener of Ireland. On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

Let the world mourn bitterly along with ages past;

As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

Save the Date!

- March 17, 2024: Forgiveness Sunday Vespers @ St. George in Norwood
 - April 5, 2024: Akathist Service at 6pm followed by a special talk for the teens of the Diocese @ St. George in Norwood
 - April 6, 2024 (Saturday): Annual Lenten Retreat @ St. George in West Roxbury sponsored by the Diocese Antiochian Women
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ST. MICHAEL THE ARCHANGEL

2024 GREAT LENT SERVICES



First Week of Lent

Wednesday, March 20, 2024
5:30 PM Liturgy of the Presanctified Gifts
with Bishop John

Friday, March 22, 2024 5:00 PM Little Compline with Akathist Hymn

Saturday, March 23, 2024 **Miracle of the Koliva**
9:00 AM Divine Liturgy-Miracle of the Koliva
5:00 PM Great Vespers

Sunday, March 24, 2024 **Sunday of Orthodoxy-Procession of Icons**
9:00 AM Orthos and Liturgy-Procession
5:00 PM Vespers

Second Week of Lent

Monday, March 25, 2024 **Feast of Annunciation**
9:00 AM Liturgy

Wednesday, March 27, 2024
5:30 PM Liturgy of the Presanctified Gifts

Friday, March 29, 2024 5:00 PM Little Compline with Akathist Hymn

Saturday, March 30, 2024 5:00 PM Great Vespers

Sunday, March 31, 2024 **Saint Gregory Palamas**
9:00 AM Orthos and Liturgy

Third Week of Lent

Wednesday, April 3, 2024
5:30 PM Liturgy of the Presanctified Gifts

Friday, April 5, 2024
6:00 PM Akathist/Medayeh & Reception
at St. George, Norwood, MA
Teen SOYO with Fr. Michal Ellias

Saturday, April 6, 2024
9:00 AM Lenten Retreat & Family Day at
St. George, West Roxbury, MA
5:00 PM Great Vespers at St. George, Norwood, MA

Sunday, April 7, 2024 **NO Vespers at St. Michaels**
Veneration of the Cross
9:00 AM Orthos and Liturgy

Fourth Week of Lent

Wednesday, April 10, 2024
5:30 PM Liturgy of the Presanctified Gifts

Friday, April 12, 2024 5:00 PM Little Compline with Akathist Hymn

Saturday, April 13, 2024 5:00 PM Great Vespers

Sunday, April 14, 2024 **Saint John the Ladder**
9:00 AM Orthos and Liturgy

Fifth Week of Lent

Wednesday, April 17, 2024
5:30 PM Liturgy of the Presanctified Gifts

Thursday, April 18, 2024 TBD St. Andrew of Crete/Saint Mary of Egypt

Friday, April 19, 2024 5:00 PM Little Compline with Akathist Hymn

Saturday, April 20, 2024 5:00 PM Great Vespers

Sunday, April 21, 2024 **Saint Mary of Egypt**
9:00 AM Orthos and Liturgy

Sixth Week of Lent

Wednesday, April 24, 2024
5:30 PM Liturgy of the Presanctified Gifts

Saturday, April 27, 2024 **Lazarus Saturday**
9:00 AM Divine Liturgy
5:00 PM Great Vespers

Sunday, April 28, 2024 **Palm Sunday**
9:00 AM Orthos and Liturgy-Procession

Great & Holy Week

Monday, April 29, 2024
5:00 PM Bridegroom Orthos for Holy Tuesday

Tuesday, April 30, 2024 5:00 PM Bridegroom Orthos for Holy Wednesday

Wednesday, May 1, 2024 5:30 PM Holy Unction

Thursday, May 2, 2024
9:00 AM Vespers Divine Liturgy of St Basil the Great
5:30 PM Service of 12 Passion Gospels-Procession of the Cross

Friday, May 3, 2024 **Great and Holy (Good) Friday**
9:00 AM Great (Royal) Hours

Saturday, May 4, 2024
4:00 PM Great Vespers for Holy Saturday
taking down Jesus from the Cross
6:00 PM Orthos with Lamentations for Holy Saturday
Procession of the Sepulcher

Sunday, May 5, 2024 **Holy Saturday**
9:00 AM Vespers Divine Liturgy of St Basil the Great
Baptism and Chrismation
10:00 PM Rush Service, Paschal Orthos
Paschal Divine Liturgy

Sunday, May 5, 2024 **Great and Holy Pascha**
12:00 AM PASCHAL Orthos and Divine Liturgy
12:00 PM Agape Service

Schedule Subject to Change:

Please, check our websi stmichaelcapecod.org/schedule/